



# City of Fishers Health Department

## Health Education

We are excited to present a wide array of health content! Within this catalogue, you'll find primary content categories and our selection of topics.

### Curricula:

[Connections](#): A primary prevention curriculum for intimate partner violence. (Grade 7+).

[Health Care Empowerment](#): A curriculum for navigating health care.

[Digital Citizenship](#): The responsible use of technology. ( K-12).

### Topics:

#### • Anti-sexual violence

- Bystander Intervention.
- Cultivating a Culture of Consent: Sexual Assault Prevention.
- Domestic Violence.
- Sexual Harassment in Workplace 101.
- Sexting & Online Safety.
- Victim Blaming: Understanding Rape Culture in the United States.

#### • Community Safety & Care

- [Question. Persuade. Refer \(QPR\)](#): Suicide Prevention.
- Recognizing & Responding to Human Trafficking.

- Dementia Friends Indiana.
- Dementia Friendly for Businesses.
- [Youth Mental Health First Aid Training](#)\*.

#### • Cultural Humility

- Diversity & Inclusion.
- Privilege and Oppression.
- Empathy & Empowerment.
- LGBTQ+ 101.

#### • Diseases

- Cancer 101.
- Cardiac Arrest & Heart Attack.
- Diabetes 101.
- Lyme Disease 101.
- Tuberculosis 101.

## ● Environmental Health

- Food Safety & Sanitization.
- Pests & Infectious Disease.
- Safe Drinking Water.
- [ServSafe](#)\* Training.
- Waste Disposal & Proper Recycling.

## ● Personal Care

- Basics of Nutrition.
- Oral & Dental Health.
- Personal Hygiene.

## ● Physical Wellness

- Basics of Physical Health.
- Body Image & Healthy Eating.
- Nutrition: MyPlate for My Family.
- Nutrition: Eat Smart, Live Strong (ages 55-74).
- Nutrition: Power Up for Teens.

## ● Public Health

- Public Health 101.
- Vaccination.

## ● Spiritual Health

- Spiritual Health.
- World Religions.

## ● Sexually Transmitted Infections

- Chlamydia & Gonorrhea.
- Human Immunodeficiency Virus (HIV) 101.
- STD/I 101.

## ● Substance Use Disorder

- Alcohol Expectancy Theory: Alcohol Abuse Prevention.
- Introduction to Opioid Crisis & Use of [Naloxone](#).
- E-Cigarettes & Its Effects.
- The Impact of Driving Under the Influence.

\*Charges apply for the course.

~This document is subject to change.

~The curriculums and topics meet the Indiana Department of Education standards.

~City of Fishers Health Education Division has the right to cancel or reschedule the training/information sessions.



@FishersHealth

If you would like to schedule a program for your group, community, or school, contact

Fishers Health Department at [HealthEdu@Fishers.in.us](mailto:HealthEdu@Fishers.in.us)

